

**Thesis Title** Daily Hassles, Social support, Health Status and Glucoregulation in Noninsulin Diabetic Patients  
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#### ABSTRACT

The purpose of this research was twofold. First, to examine the relationships among daily hassles, social support, health status and fasting plasma glucose level in noninsulin diabetic patients. Second, to identify predictive variables of health status and fasting plasma glucose. Study subjects, recruited by random sampling, consisting of 120 noninsulin diabetic patients receiving medical therapy at endocrine clinic of Udonthani Hospital. Daily Hassles was measured by the questionnaire developed by DeLongis, Folkman and Lazarus (1988). The perceived social support was measured by the Personal Resource Questionnaire Part II developed by Brandt and Weinert (1981). Health status was measured by the General Health Questionnaire developed by Goldberg (1972). Glucoregulation was determined from fasting plasma glucose level obtained 3 times at the follow up clinic; on the day of response to the questionnaire and twice within the past 3-6 months.

Results of the study indicated that daily hassles was negatively correlated with health status ( $r = -.60$ ,  $p < .001$ ), social support was positively correlated with health status ( $r = .34$ ,  $p < .001$ ) but negatively correlated with fasting plasma glucose level ( $r = -.16$ ,  $p < .05$ ). The relationship between social support and daily hassles was not significant as predicted. When sex, age, year of education, marital status, income, duration of disease, daily hassles, social support, and fasting plasma glucose level were entered into the regression model to predict health status, it was found that daily hassles, social support and age were significant predictors and accounted for 50.8 % of variance in health status which was statistically significant. Further analysis confirmed the buffering effect of social support on health status. When all variables were added into the regression model to predict fasting plasma glucose level, it was found that only sex was a significant predictor and accounted for 4.6% of variance in fasting plasma glucose level which was statistically significant.

The findings seems to support the validity of conceptualization of the relationships among stress, social support and health. Social support seems to protect persons from potentially adverse effects to stressful events. The limitations of this study, implications for practice and suggestion for further study were discussed.